Limited Thyme Sale

Starts Thursday, 9/4 at 10am through Sunday

Thomas Farms Grass Fed + Finished

Whole Beef Tenderloin

Sale

$16.99 LB

all natural, minimally processed,
no artificial ingredients

while supplies last

THOMAS FARMS™

SOLD WHOLE IN BAG

SERVES 6-8

Check out our digital ad online for even more offers!

FRESH THYME MARKET

BUY ONE GET ONE FREE

Clementines
2 lb bag

6.99 LB

Fresh Atlantic Salmon Fillets

EXCLUSIVE TO FRESH THYME!

REGAL

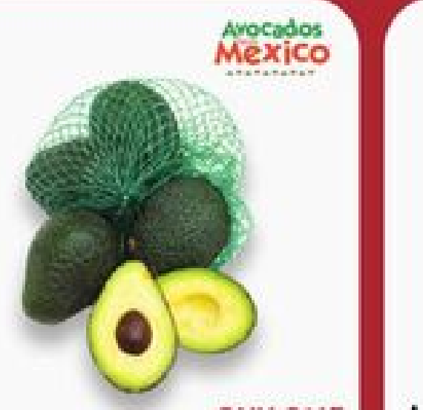
Fresh Regal King Salmon 21.99LB

shop over **300** items during our

SUPER BOGO SALE

buy one get one free or buy one get one 50% off!

Blueberries Pint or Raspberries 6 oz
BUY ONE GET ONE FREE



Avocados
6 ct bag
BUY ONE GET ONE FREE

Angel Sweet Tomatoes
pint
BUY ONE GET ONE FREE

Mini Seedless Cucumbers
16 oz bag
BUY ONE GET ONE FREE

USDA ORGANIC
FREE FROM

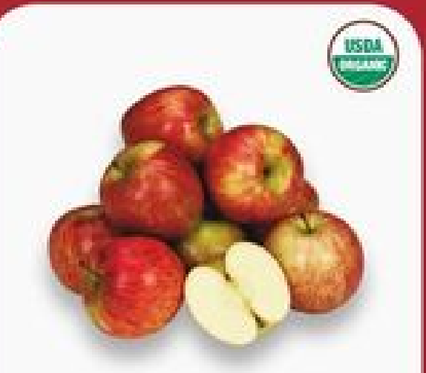
Fresh Thyme Organic Grinds and Thomas Farms Organic Steaks and Ground Beef
8-16 oz, mix or match
BUY TWO GET ONE FREE

Hatfield
Marinated Pork Loin Filets or Tenderloins
18.4-22 oz, equal or lesser value
BUY ONE GET ONE FREE

Large 41/50 ct EZ Peel Raw Shrimp
sold only in 2 lb bags
BUY ONE GET ONE FREE

All-Natural
Baby Back Pork Ribs
previously frozen, equal or lesser value free
BUY ONE GET ONE FREE

Kandy Gold Cantaloupes
BUY ONE GET ONE FREE



Organic Gala Apples
2 lb bag
BUY ONE GET ONE FREE

USDA ORGANIC

Organic Cello Carrots or Rainbow Carrots
2 lb
BUY ONE GET ONE FREE

Red or Gold Potatoes
3 lb bag
BUY ONE GET ONE FREE

USDA ORGANIC

Health-Ade
Kombucha
16 oz
BUY ONE GET ONE FREE

Panera Bread
Refrigerated Soup
16 oz
BUY ONE GET ONE FREE

Kind
Fruit or Nut Bars
1.4 oz
BUY ONE GET ONE FREE

Vicolo
Corn Meal Crust Pizza or Pizzettas
12-15.75 oz, mix or match, equal or lesser value
BUY ONE GET ONE FREE

PLANT BASED
NON GMO
GLUTEN FREE

Jolly Llama
Frozen Dairy-Free Cones
14.25 oz
BUY ONE GET ONE FREE

Tillamook
Cheddar Cheese Bars
8 oz
BUY ONE GET ONE FREE

Primal Kitchen
Dressings, Sauces or Dips
8-16 oz, select varities
BUY ONE GET ONE FREE

Fresh Thyme
Alkaline Water
3 liter
BUY ONE GET ONE FREE

Yogi
Tea
16 ct
BUY ONE GET ONE FREE

HIGH PROTEIN

Icelandic Provisions
Skyr Yogurt
30 oz
BUY ONE GET ONE FREE

PLANT BASED
USDA ORGANIC

Forager
Organic Cashew Yogurt
3.2 or 5.3 oz
BUY ONE GET ONE FREE

NON GMO
GLUTEN FREE

Blue Diamond
Nut-Thins Crackers
4.25 oz
BUY ONE GET ONE FREE

SUPER BOGO SALE!

BUY ONE GET ONE FREE

NON GMO
USDA ORGANIC

Sfoglini
Pasta
12-16 oz
BUY ONE GET ONE FREE

Shine Water
Nutrient Enhanced Water
8 pk, 6.75 oz
BUY ONE GET ONE FREE

NON GMO

FullGreen
Riced Cauliflower Side Dishes
6.07-7.05 oz
BUY ONE GET ONE FREE

GLUTEN FREE

It's Skinny
Pasta
9.52 oz
BUY ONE GET ONE FREE

Ya Oaxaca
Mole Sauce
12 oz
BUY ONE GET ONE FREE

NON GMO

Lola's
Fine Hot Sauce
5 oz
BUY ONE GET ONE FREE

GLUTEN FREE
NON GMO

Uglies
Upcycled Potato Chips
6 oz
BUY ONE GET ONE FREE

GLUTEN FREE
NON GMO

Simple Mills
Sandwich Cookies
6.7 oz
BUY ONE GET ONE FREE

Nonni's
Biscotti
5.52-6.88 oz
BUY ONE GET ONE FREE

USDA ORGANIC

Rise Brewing Co.
Organic Nitro Cold Brew Coffee
7 oz
BUY ONE GET ONE FREE

USDA ORGANIC

C20
Coconut Water
1L
BUY ONE GET ONE FREE

Leisure Project
Non Carbonated Electrolyte Refreshers
16 oz
BUY ONE GET ONE FREE

Bawi
Agua Fresca Beverages
12 oz
BUY ONE GET ONE FREE

NON GMO

Daily Crunch
Sprouted Nut Snacks
4 oz
BUY ONE GET ONE FREE

King Oscar
Sardines or Mackerel
3.75-4.38 oz
select varieites
BUY ONE GET ONE FREE

Jarlsburg or Garcia Baquero
Semi Soft Part-Skim Cheese or Viva Espana Spanish Cheese Wedge
select varieties, 5.29-8 oz
equal or lesser value
BUY ONE GET ONE FREE

Cambio Roasters
Coffee
10 ct, 4.2 oz
BUY ONE GET ONE FREE

Teeccino
Herbal Coffee
10-11oz
BUY ONE GET ONE FREE

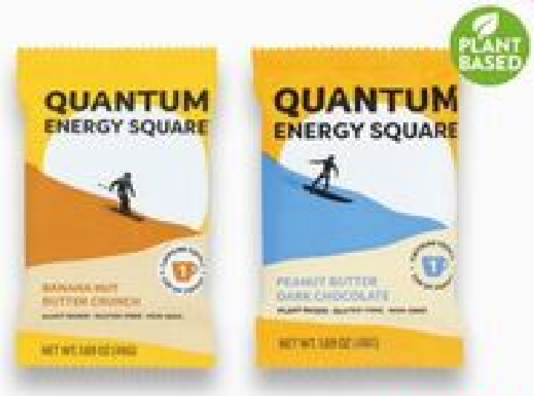
Celestial Seasonings
Tea
16-20 ct
BUY ONE GET ONE FREE

Fix & Fogg
Nut Butters
10-13.2 oz
BUY ONE GET ONE FREE

GLUTEN FREE
PLANT BASED

Oatly
Shelf Stable Oat Milk
32 oz
BUY ONE GET ONE FREE

PLANT BASED



Quantum
Energy Squares
1.69 oz
BUY ONE GET ONE FREE

USDA ORGANIC

Shroomi
Mushroom Coffee
12 oz
BUY ONE GET ONE FREE

USDA ORGANIC

Miyokos Vegan Butter
8 oz
BUY ONE GET ONE FREE

GLUTEN FREE
PLANT BASED

Drumroll Snacks
Mini Donuts
2.6 oz
BUY ONE GET ONE FREE

PLANT BASED

Buona
Plant-Based Chicago Italian Beef & Gravy
17 oz
BUY ONE GET ONE FREE

SEPTEMBER IS
Hunger Action Month

We can end hunger, when we all work together.
Round up at the register all month long!

FEEDING AMERICA

STLFoodBank.org

Pier 33 Gourmet
Fully Cooked Mussels
white wine, butter garlic or tomato garlic, 16 oz
BUY ONE GET ONE FREE

Jack & Annie's
Plant-Based Meals
7.2-10 oz
BUY ONE GET ONE FREE

Four Sigmatic
Medicinal Mushroom Supplements
select items on sale
BUY ONE GET ONE 50% OFF

Portofino Bakery
Artisan Loaves
20-21 oz
BUY ONE GET ONE FREE

Rib Rack
BBQ Sauce, Marinade or Spice Rubs
5-19 oz
BUY ONE GET ONE FREE

Kicking Horse
Organic Ground or Whole Bean Coffee
10 oz
BUY ONE GET ONE FREE

Pipcorn
Twists, Fries or Cheese Balls
4.5-5 oz
BUY ONE GET ONE FREE

From the Ground Up
Cauliflower Snacks
3.5-4.5 oz
BUY ONE GET ONE FREE

GoGo squeeZ
Applesauce
12 pack
GoGo squeeZ Applesauce 12.8 oz, 4pk
BUY ONE GET ONE FREE

Mom's Best
Breakfast Cereal
17.5-23 oz
BUY ONE GET ONE FREE

Oatly Non-Dairy Frozen Dessert
16 oz
BUY ONE GET ONE FREE

Humble
Potato Chips
5 oz
BUY ONE GET ONE FREE

Clif
Builder Bars
2.4 oz
BUY ONE GET ONE FREE

ENTIRE LINE ON SALE

Probulin
Probiotics
entire line on sale
BUY ONE GET ONE FREE

20% OFF

Ancient Nutrition
Wellness Supplements
entire line on sale

ENTIRE LINE ON SALE

Compostic
Compostable Sandwich Bags
25% OFF

Pacha Soap Co.
Handcrafted Soap and Bath
25% OFF

ENTIRE LINE ON SALE

BIOptimizers
25% OFF

ENTIRE LINE ON SALE

Dr. Squatch
Men's Body Care
25% OFF

Organic Boneless Skinless Chicken Breast **8.99LB**

Wild Caught Snow Crab Clusters **10.99LB**

Certified Angus Beef® Bone In Ribeye Steak **12.99LB**
while supplies last

Boar's Head Baby Swiss Cheese **10.99LB**

Cotton Candy, Gum Drop, Moon Drop or Tear Drop Grapes

$4.99 lb
- $1
$3.99 lb

LIMIT 8 lbs

AFTER DIGITAL COUPON • EFFECTIVE THRU 9/9/25

Boar's Head
Sweet Slice Uncured Ham **8.99LB**

Boar's Head
Golden Classic Chicken Breast **11.99LB**

MY THYME
DOORDASH Instacart Uber Eats

Prices valid 9/3/25-9/9/25 at our St. Louis locations

it's always fresh to recycle

We reserve the right to correct pricing errors. Not all items available in all stores. Bottle deposit is in addition to the price shown, where applicable. Beer and wine purchases are subject to state laws. MN and KY: available in Hops and Grapes liquor store locations only. PA max of 192 fl. oz. of beer and 3,000 mL of wine can be purchased at any one time.

Try these exciting new products!

TRY SOMETHING NEW
Quinn
PEANUT BUTTER
Quinn
HONEY PEANUT BUTTER

Quinn

Pretzels with a plot twist

Gluten-free and simply made, Quinn pretzels wrap crave-worthy peanut butter flavors in every bite.

TRY SOMETHING NEW
HEYDAY
APRICOT GLAZED
Baked Beans
CANNING CO
HEYDAY
TOMATO ALLA VODKA
Cannellini Beans
CANNING CO

Heyday Beans

Your Shortcut to Delicious

Toss 'em in salads, layer on toast, or pair with pasta—Heyday Beans turns simple meals into something special.

TRY SOMETHING NEW
PROBIOTIC ICE CREAM
alec's
Culture Cup
Peanut Butter Cup
PROBIOTIC ICE CREAM
alec's
Culture Cup
Mint Chocolate Cookie

Alec's Ice Cream - Culture Cup

Treat time, upgraded

Gut friendly, sustainable sourced, and crave-worthy flavor—Culture Cups make every scoop a win-win.

TRY SOMETHING NEW
Banza
Blueberry Protein Waffles
Banza
Blueberry Protein Waffles

Banza Protein Waffles

Power Up Your Morning

Crispy, fluffy, protein-packed waffles that are gluten-free and ready in minutes for an easy, satisfying start to your day.

TRY SOMETHING NEW
COCOA TRUFFLE
HONEY MAMA'S
CHOCOLATE
COCOA TRUFFLE BARS
HONEY MAMA'S
PEANUT BUTTER CUP

Honey Mamas Protein Bars

Treat yourself, every day

Whole-food bars that taste like your favorite candy-indulgence never felt this healthy.

TRY SOMETHING NEW
ECOS
ECOS

Ecos

Clean that cares

Plant-powered cleaning that's tough on mess, gentle on your family,and kind to the planet.

LEARN MORE

DERMA·E

Clinically Proven Essentials For Your AM/PM Routine

TRY SOMETHING NEW

smooth
and renew
brighten
and energize
vitamin c
DERMA·E
vitamin c bright eyes hydro gel patches
brighten + depuff
caffeine
vitamin b3
DERMA·E
vitamin c concentrated serum
brighten + hydrate
DERMA·E
anti-aging regenerative serum
smooth + renew
anti-wrinkle
DERMA·E
retinol line smoothing hydro gel patches
smooth + calm
bakuchiol
rose water
hibiscus flower

DERMATOLOGIST RECOMMENDED

CHOCOLATE WITH BENEFITS!
=
1/2
CUP O' JOE
TRY SOMETHING NEW
AWAKE
CAFFEINATED CHOCOLATE
ACTUAL CAFFEINE
1/2
CUP O' JOE
Caramel
MILK CHOCOLATE BITE
NET WT 0.48 OZ (13.5 g)
CARAMEL MILK CHOCOLATE BITES
NET WT 8 x 0.48 oz (13.5 g)
8 BITES
TRY AWAKE TODAY!

Cotton Candy
All Natural Wow! NON-GMO
Grapery
Moon Drops
All Natural Wow! NON-GMO
Grapery
EST 1996 | CALIFORNIA
Tear Drops
All Natural Wow! NON-GMO
Grapery
EST 1996 | CALIFORNIA
gum drops
All Natural Wow! NON-GMO
Product of USA

LIMIT 8 lbs

Cotton Candy, Gum Drop, Moon Drop or Tear Drop Grapes

$4.99lb

- $1

$3.99lb

AFTER DIGITAL COUPON • EFFECTIVE THRU 9/9/25

MY THYME REAL REWARDS

Exclusive MyThyme Member Offer

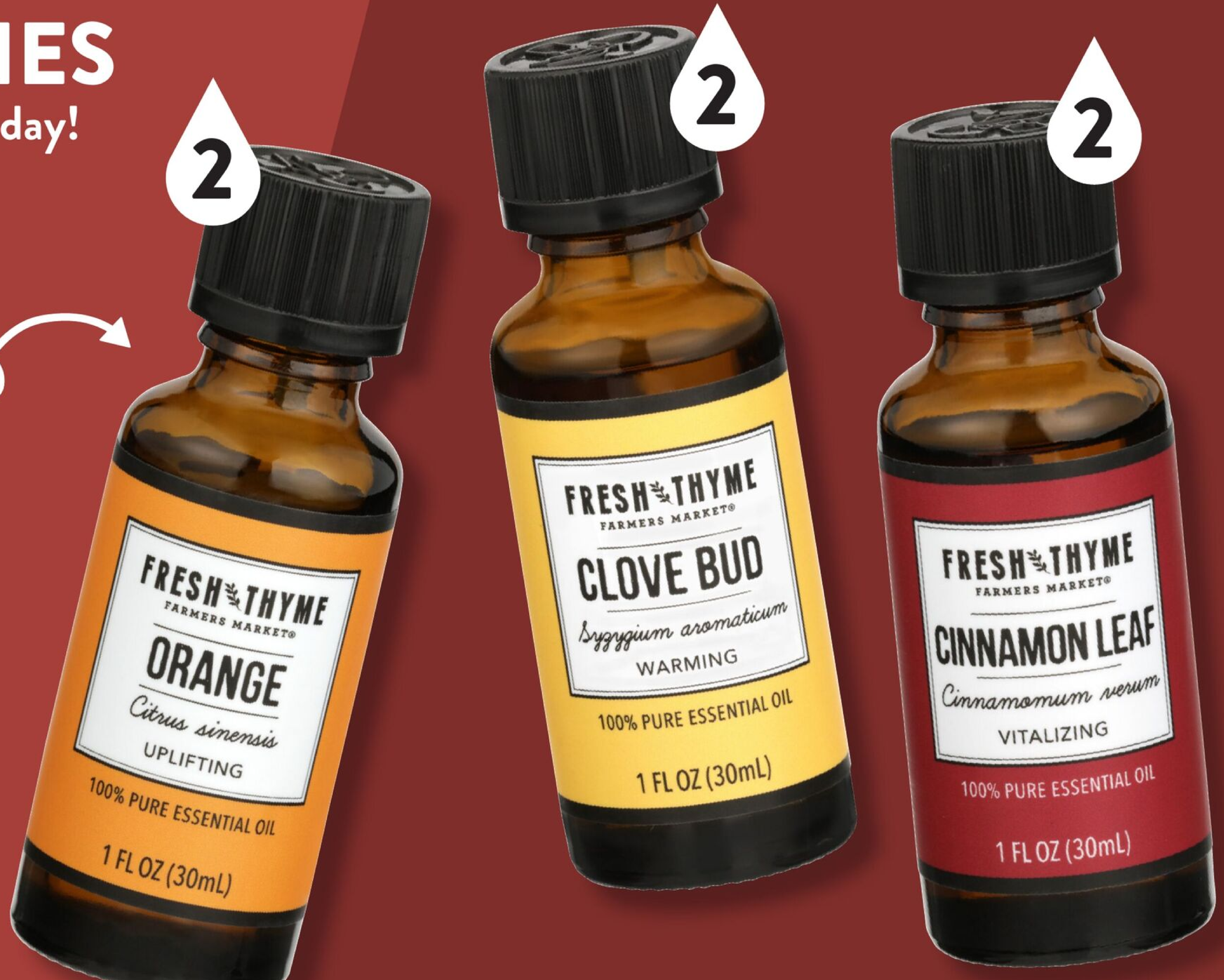
Clip coupon in the Fresh Thyme app

Not a member? Join today!

FALL FESTIVITIES

Try this essential oil recipe today!

ADD THE DIRECTED AMOUNT OF DROPS TO YOUR DIFFUSER FOR A SCENTSPLOSION


2
FRESH THYME FARMERS MARKET®
ORANGE
Citrus sinensis
UPLIFTING
100% PURE ESSENTIAL OIL
1 FL OZ (30mL)
2
FRESH THYME FARMERS MARKET®
CLOVE BUD
Syzygium aromaticum
WARMING
100% PURE ESSENTIAL OIL
1 FL OZ (30mL)
2
FRESH THYME FARMERS MARKET®
CINNAMON LEAF
Cinnamomum verum
VITALIZING
100% PURE ESSENTIAL OIL
1 FL OZ (30mL)

FRESH THYME MARKET™

sushi of the month

Sale

$2 Off

Tempura Philly Roll

ALL SEPTEMBER LONG